



### NEWS IN A "HEARTBEAT"



**Peninsula MRC Volunteers to date = 330 Approved Level 1, 2, 3 volunteers**

**WELCOME August VOLUNTEERS:** Elizabeth Christmas, Jamie Ethridge, Devin Henry, Desiree Hesseltine, Jada Jones, Joseph Kay, Dyphinah Mueller, and Janna West.

**THANK YOU:** Volunteers who served or trained in **September:** Jennifer Basak, Mary Begor, Dale Bull, Mark Callazzo, Leah Cassada, Martha Clift, Carolyn Conley, Michelle Donnell, Fran Doyle, John Fleming, Veronica Ingram, Elizabeth Jones, Joseph Kay, Kaylene Landers, Sabrina Newman, Pam Nicholls, Amarlia Osouna, Jennifer Perry, Sherri Rice, Katie Rosenbaum, Brenda Sarno, Stacey Shuler, Beth Sigler, Claudia Spurill, Romeo Toro-McKenzie, Sharon Wiggins, Tim Winstanley, and Alexis Upton

Events: Rock-n-Roll Half Marathon, Diabetes Self Management Leader Training, CPR & First Aid Training, ICS-100, 200, 700, Orientation, BP Screenings, Program Support.

**51 Volunteers Provided 273.50 Hours of Service; 213.50 Non-Medical and 60 Medical and 9 VVHS Alerts were sent**



Help us prevent 1 million heart attacks and strokes in five years. <http://millionhearts.hhs.gov/index.html>

**Peninsula MRC Volunteers provided 36 BP Screenings in September 2013.**

#### *Friendly Reminder... Completing a Background Investigation, ICS-100, and obtaining a Badge are required to serve with Peninsula MRC*

This is a requirement for non-disaster events, and depending on the circumstances, you will likely not be utilized for rapid deployment during a disaster. You could be faced with long lines to process you 'Just In Time' before you can even get on the scene.

#### *Why Background Checks...*

The short answer is for security purposes. Screening volunteers can help distinguish those who are reliable and legitimate volunteers from those who are not. Volunteers are screened for many of the same reasons employers screen their employees. The

ultimate goal is to verify identity and weed out potential problems, especially problems that could arise from an undisclosed criminal history.

If we do not perform background searches on potential volunteers and an incident occurs that could have been prevented had the volunteer been screened, we can lose the trust and support of the community and this can have an adverse affect on funding and may be subject to a negligent selection of a volunteer lawsuit. Even when faced with a negative incident involving a volunteer, we will fare better by having conducted a background check of all potential volunteers.

#### *Response Rates...*

What is a response rate? It is the percentage of volunteers who click 'available' or 'unavailable' to an email alert. How many volunteers actually served is not the beacon. It is not whether we had a 100% fulfillment rate for an

event. It depends on you reading the alert, and clicking on the link whether or not you can serve. You do not make the percentage increase by not reading or simply deleting the email alert.

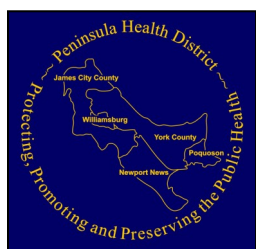
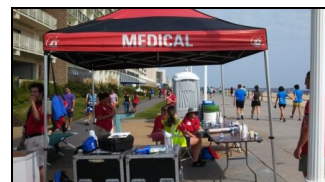
Currently our average response rate is 28%. It needs to be over 50% in order to qualify for future funding.

#### *Data Scrub by 2014...*

Though we are a very robust MRC Unit across the State, we still have volunteers who have not complied with the requirements to serve, and we have less than a 30% response rate. If you are reading this newsletter, then we know we have reached you through email alerts. If you have not responded to our alerts, and you have not complied, your name will be removed from our database in order to bring us in to alignment with the requirements for which our funding is bound.

#### *Peninsula MRC Volunteers Collaborate Support for the Rock -n- Roll Half Marathon—Virginia Beach*

On Labor Day weekend MRC volunteers worked to set-up, provide first aid, and breakdown this annual event. There were several First Aid Stations and a Mobile Emergency Room along the route.



**Peninsula Medical Reserve Corps - Peninsula and Hampton Health Districts**

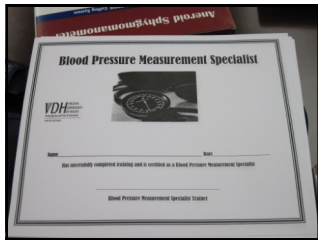
**Volunteers Protecting the Health of Virginia**  
(read more on Page 2)



### *Training...*

Is still the gateway to rapid deployment during a disaster.

#### [Eastern Region Training Calendar](#)



### *Exercises...*

#### [Peninsula MRC EP & R Exercise Calendar](#)

*(Please note, if the links to the calendars do not work on your computer, please visit our website to see them.)*

### *The Peninsula MRC Pipeline of Events*

**For Volunteers who are qualified to serve,** the following events / initiatives are coming up: Community Health Fair, Rabies Clinic, Interactive Health Fair, Great Southeast Shakeout, Flu Clinic with Hampton Health Dept., Chronic Disease Self Management training, Zombie Apocalypse, Riverside Full Scale Exercises to include Evacuation and Mass Casualty, Hospital Emergency Response Team Emergency Dept. shadowing, Evacuation Medication Pilot Program, Homeless Connect. Please check the PenMRC calendars for more detail, watch and respond to your email alerts.

*Public Health Outreach...* Is still a big part of the day to day operation in Peninsula MRC.

To see where we are providing important services in the near future, visit:

#### [Peninsula MRC Public Health and Outreach Calendar](#)

### *Emergency Response...*



Some of the flooding that ravaged Colorado earlier this month was unprecedented," according to a preliminary assessment. The report was prepared by the Cooperative Institute for Research in Environmental Sciences (CIRES) in Boulder, Colo. The institute includes scientists from the National Oceanic and Atmospheric Administration. "In the context of the entire Front Range this was a rare precipitation event, especially for September, and in some respects unprecedented," the assessment states.

#### Contact Information:

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#### *Please bookmark these websites:*

PenMRC: <http://www.vdh.virginia.gov/MRC/peninsulamrc>

VVHS (Virginia Volunteer Health System): <https://vms.vdh.virginia.gov/vms/default.jsp?main=reg>

TRAINVirginia: <http://va.train.org>

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<http://www.youtube.com/watch?v=uPq-WRAARTw&feature=youtu.be>



**E-NEWS FLASH FROM PENINSULA MRC—OCTOBER 2013**

**Volunteers Protecting the Health of Virginia**